

CREATE

FREE!

FREE COOKING CLASSES ON CREATING
DELICIOUS MEALS FROM SCRATCH



Tuesday, September 22, 2015 - 10:30 a.m. - 12:00 p.m.

Spanish Fork Employment Center • 1185 N. Canyon Creek Pkwy. • Spanish Fork

Healthy Eating on a Budget

**We will learn about meal planning
and have a cooking demonstration.**

**Fun giveaways and helpful tips
for saving time and money while
eating healthy.**

This material was funded by USDA's Supplemental Nutrition Assistance Program. Utah State University is an affirmative action/equal opportunity institution.

extension.usu.edu/foodsense



Workforce Services • jobs.utah.gov



Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.